

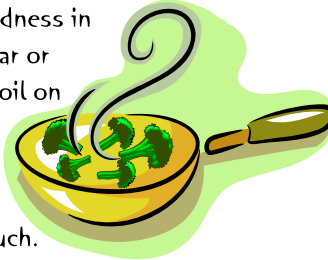
# Menus for November 2011

Wyandanch UFSD  
Wyandanch High School



## DON'T GET SAUCY.

Filling half your plate with fruits and veggies? Good for you! Just make sure you don't always smother all that goodness in cheese sauce or sugar or syrup. A little olive oil on some sauteed fresh veggies is fine, but drenching veggies in butter? Not so much.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**



## NUTRITION TO GO

Cheese is a big source of fat in a typical American's diet. A bagel sandwich with lean ham, scrambled egg, and one slice of American cheese contains about 12 grams of fat and 5 grams of saturated fat. The same bagel without cheese contains 6 grams of fat and 1 gram of saturated fat.

A TASTY MORSEL FOR PARENTS

This institution is an equal opportunity provider.

**Tuesday, Nov 1**

**Breakfast**  
Cheesy Eggs on a WW Biscuit

**Lunch**  
Burger Bar  
Hot & Spicy Chix Sandwiches  
Fries

**Wed, Nov 2**

**Breakfast**  
Grits w/ww Toast

**Lunch**  
Fish Sticks  
Fajita over Rice or WW Pasta  
Steamed Italian Vegetables

**Thursday, Nov 3**

**Breakfast**  
Ultimate Breakfast Round / Asst Bagels

**Lunch**  
Dominoes White Whole Wheat Pizza/Crinkle Fries  
Hot Ham & Ch on a Bagel  
Mixed Greens

**Friday, Nov 4**

**Breakfast**  
Mini Waffles w/Sausage  
Mini Muffins

**Lunch**  
Chicken Nuggets  
Vegetable Brown Rice  
Sausage and Peppers

**NOVEMBER BIRTHDAYS**

Stephen Crane -- Nov. 1  
Benjamin Banneker -- Nov. 9  
Ryan Gosling (31) -- Nov. 12  
Rachel McAdams (33) -- Nov. 17  
Macy's Day Parade (85) -- Nov. 24  
Abigail Adams -- Nov. 22

**AVAILABLE DAILY**

**Breakfast**  
Graham Crackers with Cereal  
Fresh Fruit in Season

**Lunch**  
Assorted Cold Cut Sandwiches  
Fresh Wheat Rolls/Salad Bar Tues-Thurs  
Chilled Fruit in Lite Syrup  
**Breakfast & Lunch**

**Monday, Nov 7**

**Breakfast**  
Fruity Oatmeal w/Assorted Rolls

**Lunch**  
Burger Bar  
Pickles, Sauteed Onions Slaw  
Confetti Rounds  
(Sweet Potato and White Potato Rounds)

No School Today 11/8

We are still processing applications, please contact (631)870-0520 to confirm receipt of your application!!

**Wed, Nov 9**

**Breakfast**  
Cinnamon Raisin Pretzels/ Bagel Bruschetta

**Lunch**  
Dominoes White Whole Wheat Pizza/Tater Tots  
Meatball Hero  
Mixed Greens

**Thurs, Nov 10**

**Breakfast**  
French Toast Sticks

**Lunch**  
Assorted Cold Heros let, tom  
Fiesta Corn Salad

**NO SCHOOL**

**Veterans Day**

PLEASE JOIN US IN SAYING THANKS TO THOSE WHO HAVE SERVED THE CAUSE OF FREEDOM

I am the letter

**C**

**cranberries**

**Word of the Month**

char·i·ta·ble

adj. 1. full of love for and goodwill toward others 2. Generous to those in need 3. merciful or kind in judging others

# Menus for November 2011

Wyandanch  
UFSD

Secondary  
School



This institution is an equal opportunity-

**Monday, Nov 14**

**Breakfast**  
Grits w/ww toast  
Pretzels

**Lunch**  
Mio's Chicken Fajita Sandwich  
BBQ Pulled Pork Sandwich  
Tater Tots

**Tuesday, Nov 15**

**Breakfast**  
Ultimate Breakfast Round/  
Banana Muffins

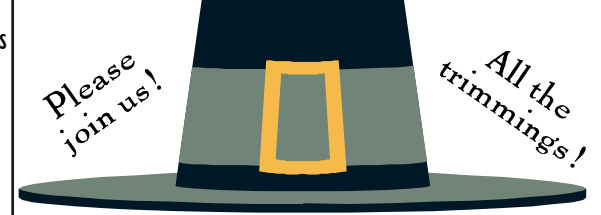
**Lunch**  
Chili over Vegetable Brown Rice /Chicken Drumsticks

**Wed, November 16**

**Breakfast**  
Assorted Bagels  
Scrambled Eggs

**Lunch**  
Cranberry Glazed Turkey  
Roasted Long Island Potatoes  
Assorted Rolls  
Cheesy Broccoli  
Apple Pie

# THANKSGIVING FEAST



Wednesday, November 16

**Thursday, Nov 17**

**Breakfast**  
Assorted Bagels

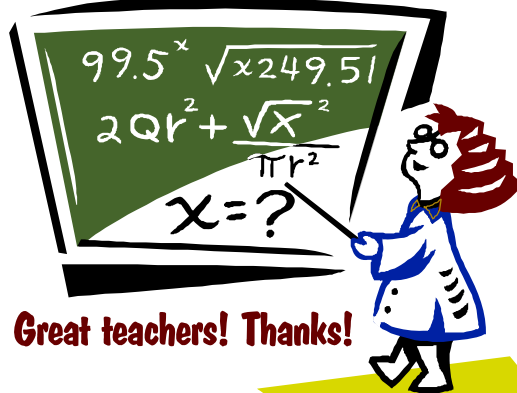
**Lunch**  
Dominos White Whole Wheat  
Pizza  
Curly Fries  
Mixed Greens

**Friday, Nov 18**

**Breakfast**  
Waffle Sticks w/Grilled Turkey Ham

**Lunch**  
Turkey Alfredo  
Spicy Chicken Patties  
Mashed Potatoes  
Celery/Carrot Sticks

The simple formula for great learning?



Great teachers! Thanks!  
American Education Week, Nov. 13-19

**Monday, Nov 21**

**Breakfast**  
Corn Muffins  
Grilled Bacon

**Lunch**  
Gyro Platter/Hamburger Platter  
Cucumber Sauce, let, tom,  
Onions Sweet Potato Fries

**Tuesday, Nov 22**

**Breakfast**  
Assorted Bagels

**Lunch**  
Baked Potato Bar  
Chili, Fajita Chicken, Cheesy Broccoli  
Mixed Greens.

NO LUNCH

Thanksgiving  
Holiday  
Begins Today!



**\$↑?!!**

You may have noticed that lunch prices went up this year. Why the increase? Well, we'd like to explain the reasons in a little more space than we have here -- and also tell you how the increase will help us serve healthier, high-quality meals to your kids. Please call us at (631) 870-0520 or email [pusher@wufsd.net](mailto:pusher@wufsd.net).

**Thanks for your continued business!!!**

**Monday, Nov 28**

**Breakfast**  
Creamy Oatmeal  
Wheat Toast

**Lunch**  
Fish Tacos  
Let, Tom, Salsa, Ch  
Corn on the Cob

**Tuesday, Nov 29**

**Breakfast**  
French Toast Sticks

**Lunch**  
Sloppy Joe on a WW Bun  
Potato Salad

**Wed, Nov 30**

**Breakfast**  
Scrambled Eggs and Hashbrowns

**Lunch**  
Baked Honey Mustard Chicken  
Brown Rice  
Glazed Carrots

**AVAILABLE DAILY**

**Breakfast**  
Graham Crackers with Cereal  
Fresh Fruit in Season

**Lunch**  
Assorted Cold Cut Sandwiches  
Fresh Wheat Rolls/Salad Bar Tues-Thurs  
Chilled Fruit in Lite Syrup

**Breakfast & Lunch**

